Weight Management

Lt Col Ginny Johnson

References

- AFI 40-502 (1 July 1999)
- ANGI 40-502 (24 Mar 2000)

Responsibilities

- TAG
  - Overall authority for program
  - Ensures equitable enforcement
- Installation commanders
  - Manages program
  - Final authority for body fat adjustments, recommendations to TAG for discharge, temporary medical deferrals

Responsibilities

- MPF commander
  - Appoints installation program manager
  - Ensures the manager gives procedural guidance to commanders and unit managers
  - Ensures installation program manager conducts staff assistance visits to all supported units annually
- Medical Squadron commander
  - appoint medical practitioner as POC

Weigh- Ins

- Annually for all
- Prior to processing for promotion
- Prior to reenlistment
- On official notice of TDY or PCS to school
- When directed by unit commander

Body Fat Measurements

- Conducted when member exceeds max weight
- Appears to exceed AF body fat standards
- Does not present a professional military appearance
- When directed by unit commander

Body Fat Standards

- 20% for men 29 yrs old and younger
- 24% for men 30 yrs old and over
- 28% for women 29 yrs old and younger
- 32% for women 30 yrs old and over

Medical Deferrals

- Deferral based on recommendation of Medical Squadron
- Pregnancy-related medical deferrals expire 6 months after delivery
  - Unit CC may approve up to 18 months based on medical practitioner's recommendation
- Non-pregnancy deferrals are not to exceed 12 months on unit CC approval
  - Installation CC approves any longer

Weight Program Phases

- 90-Day Health Improvement Period
  - purpose: help members who are over standards to attain diet and exercise changes
- Phase I
  - weight and body fat measurements monthly
- Phase II
  - entry upon reaching body fat standards
  - weight and body fat measurements monthly
  - must maintain for 6 months before removal

AETC Technical Training Actions

- Unit commanders - be sure your trainees present professional military appearance
  - members making unsatisfactory progress in weight program are ineligible to attend training
- Training commanders will notify you if your member should be on the program
  - may enter the person in the program if TDY over 29 days

AETC Technical Training Actions

- Members progressing well in the weight program must hand-carry their weight program case file to the TDY unit commander if TDY over 29 days
  - will be monitored at the TDY location

Reenlistment

- Phase I
  - Ineligible to reenlist
  - Ineligible while on the 90-day health improvement period
  - Commanders may grant extensions for members progressing satisfactorily
- Phase II
  - must reenlist for 3, 4, 5 or 6 years

Officer Promotions

- Unit or higher commander may withhold promotion if in the weight program
- If promotion is delayed for weight program participation, and delay is terminated, date of rank is retroactive
- Ineligible for position vacancy promotions while on weight program

Enlisted Promotions

- Ineligible while in:
  - 90 day health improvement period
  - Phase 1
    - Temporary Medical Deferrals
      - Installation commander may allow promotion such as for pregnancy related

Retraining

- Ineligible to apply if:
  - in 90-day health improvement period
  - in Phase I
  - making unsatisfactory
- If had approved retraining before entry on program, may retrain unless:
  - making unsatisfactory progress in Phase 1

Administrative Actions

- Members on 4th or more attempt in the program:
  - Unit CC must recommend to installation CC whether to retain or initiate separation action
    - If retained, unit CC will assess after each additional failure
- Installation commander makes final decision
  - If non-retention, recommends to TAG

Administrative Actions

- Verbal counseling
- Letter of Admonition/Reprimand
- Limit Supervisory Responsibilities
- Remove Supervisory Responsibilities
- OPR/EPR comments
- Demotion (enlisted only)
- Separation

COMMON PITFALLS

- FAILURE TO BE CONSISTENT WITH ALL MEMBERS IN ALL SQUADRONS
- FAILURE TO DOCUMENT

QUESTIONS/COMMENTS / CONFUSION?